

mayor's healthy hometown movement **news** Louisville, Kentucky



February 22, 2010

Special Edition

A Message from the First Lady of Louisville, Madeline Abramson

March is National Colorectal Cancer Awareness Month! In observance of this occasion, I am working with the Kentucky Cancer Program at the University of Louisville to encourage Metro Louisville to Dress in Blue on Friday, March 5.

The Kentucky Cancer Program District Cancer Council representing health care providers, hospitals, businesses, schools, civic groups, and others in Metro Louisville is collaborating to turn our city blue to raise awareness about colon cancer screening. Special events will be held throughout the month by our corporate, community, and media partners.

The mortality rate of colon cancer in Kentucky is one of the highest in the nation. The good news is that colon cancer can be prevented and successfully treated if detected early. Spread the word about colon cancer...encourage your friends and family age 50 and over to be screened!

Please Dress in Blue on March 5 and join communities across Kentucky to participate in this national campaign to raise colon cancer awareness and save lives. Thank you.

Madeline Abramson
Honorary Chair
2010 Dress in Blue Day

Voluntary Trans Fat Ban Recommended

Dr. Troutman urged Metro Council last week to institute a voluntary ban on artificial trans fats as well as a public education campaign about the dangers of eating foods containing artificial trans fats. The Board of Health and Trans Fat Task Force plan to revisit the issue of a ban in a year to 18 months, following the campaign.

Worksite Wellness Awards Expand

Applications for the 2009 Worksite Wellness Awards will be online March 1st so make plans now to submit your company or organization's proven program. The application has been expanded to include criteria from the Wellness Council of America WELCOA and will be scored in the same three size categories; 1-249 employees, 250-999 and 1000+. The application is being streamlined to be even easier than before so be sure to give your program a shout out! Awards will be presented by Mayor Abramson at the Healthy Hometown Worksite Wellness Conference on June 1st.

Healthy Hometown Partner News:

Food Summit Kick-Off Dinner with Joel Salatin

Tickets are on sale for the Dinner with Joel Salatin until March 8th, so get your ticket now! **The event will be held at the Clifton Center Friday March 12th.** The evening will begin at 5:30pm with a presentation from the

world renowned author, Joel Salatin. Stay a while longer and enjoy a local food dining experience brought to you by some of the region's favorite chefs: Kathy Cary of Lily's, Mark Williams executive chef at Brown-Forman, Timothy Tucker from the Center of Hope Culinary Training Program Katie Payne Chef Instructor at Sullivan University; in conjunction with CFA members Sherry Hurley of Farm to Fork Catering, Jo Self of Bon Vivant Savant, and local chef Jim Whaley.

Sponsors include the Mayor's Healthy Hometown Food in Neighborhoods Committee and Norton Healthcare Office of Church and Health Ministries.

Talk ONLY tickets- \$20.00 per person in advance, \$25.00 at the door
Talk and Dinner tickets: \$75.00 per person (limit 2, includes talk)

Purchase tickets online at www.communityfarmalliance.org or call Community Farm Alliance (CFA) at 502.775.4041 Mon-Fri 9am-4pm for more information. Seating may be limited.

The *Mayor's Healthy Hometown Movement News* is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all *Healthy Hometown* partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@att.net. Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at mary.bradley@louisvilleky.gov.